



## Retreat Booking Form

Name- \_\_\_\_\_

Postal Address- \_\_\_\_\_

\_\_\_\_\_

Email Address- \_\_\_\_\_

Contact Phone Number- \_\_\_\_\_

Dietary Requirements & Allergies- \_\_\_\_\_

\_\_\_\_\_

Emergency Contact Details- \_\_\_\_\_

\_\_\_\_\_

Person/s attending the retreat with- \_\_\_\_\_

Aera Water Bottle Choice (Amethyst, Rose Quartz or Clear Quartz)- \_\_\_\_\_

Accommodation Preference- (Cabin or Glamping)- \_\_\_\_\_

\*Please note we will do our best to accommodate your sleeping preferences however it is first in best dressed as the cabins hold a limit of 10 people.



## July Retreat Information

12<sup>th</sup>-14<sup>th</sup> of July 2019

123 Old Peachester Rd, Beerwah  
Black Wattle Farm

Friday 12<sup>th</sup>- 3.30pm Arrival & check in.

4.30pm Yoga & Meditation.

6.00pm Dinner followed by a Women's Circle

Saturday 13<sup>th</sup>- 6.00am- Breakfast

7.30am- Workshop rotation 1 starts

10.00am- Morning Tea

10.30am- Workshop rotation 2 starts

1.00pm- Lunch

1.45pm- Workshop rotation 3 starts

4.00pm- Goddess Bath Ritual

4.30pm- Guest Speaker



Saturday 13<sup>th</sup> Cont...

5.30pm- Showers, Refresh.

6.30pm- Dinner under the stars

6.30-8.30pm- Live music

Sunday 14<sup>th</sup>- 6.00am Yoga & Meditation

8.00am Breakfast

9.00am Women's Circle

10.00am Journaling & Pre-Booked Extra's

11.30am- Lunch

12.30pm Pack up & Departures

- Please note that this program is a guide and subject to change based on the flow of the day and individual needs of our retreat guests.



## What to bring-

- Yoga/ comfortable clothing
- Warm clothing for the evenings
- Toiletries
- Towel
- Sunscreen
- Insect Repellent
- Any relevant medications
- An Open Heart
- Love
- Your Beautiful Self

## What is provided-

- Accommodation & bedding
- All catering & refreshments
- An Aera Water bottle
- A journal & pen
- All Workshops
- A Retreat Box
- Retreat Program
- A sacred space filled with an experience guaranteed to nourish your soul xx